

1-25 (canceled).

26. (currently amended) A method for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption, comprising: essentially labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement, said nutritional supplement comprising a nutritionally effective amount of vitamin C, said discomfort reliever comprising a pharmaceutically effective amount of ibuprofen,

said labeling indications indicating said amount of said ibuprofen in said unit dose,

said labeling indications indicating said amount of said vitamin C in said unit dose,

said labeling indications indicating a percent of a daily value for said vitamin C in said unit dose,

consuming said unit dose, and

monitoring said amount of said vitamin C consumed with said ibuprofen.

27. (previously presented) The method of claim 26 wherein said discomfort reliever consists essentially of said ibuprofen.

28. (previously presented) The method of claim 26 wherein said nutritional supplement comprises at least 50 mg of vitamin C and said discomfort reliever comprises at least 50 mg of ibuprofen.

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29. (previously presented) The method of claim 26 wherein said labeling indications indicate temporary relief for at least two discomforts selected from the group consisting of minor pain, headache, toothache, backache, muscular aches, fever, running nose, sneezing, itching of nose, itching of throat, and allergy.

30. (previously presented) The method of claim 26 wherein said labeling indications indicate temporary relief for a discomfort selected from the group consisting of headache, toothache, backache, muscular aches, minor pain of arthritis, fever, running nose, sneezing, itching of nose, itching of throat, and allergy.

31-32. (canceled)

33. (previously presented) The method of claim 26 wherein said percent of a daily value is between one and fifty percent of a daily value.

34. (previously presented) The method of claim 26 wherein said unit dose is formed into a pill, tablet or capsule.

35. (previously presented) The method of claim 26 wherein said labeling indications indicate said nutritional supplement for supplementing nutrition.

36. (canceled)

37. (previously presented) The method of claim 26 wherein said discomfort is headache.

38. (currently amended) A method for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption, comprising: essentially labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material comprising a predetermined amount of

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discomfort reliever, and a predetermined amount of at least one nutritional supplement, said discomfort reliever comprising a pharmaceutically effective amount of ibuprofen, said nutritional supplement comprising a nutritionally effective amount of vitamin C,

said labeling indications indicating said amount of said ibuprofen in said unit dose,

said labeling indications indicating said amount of said vitamin C in said unit dose,

consuming said unit dose, and

monitoring said amount of said vitamin C consumed with said ibuprofen.

39. (previously presented) The method of claim 38 wherein said discomfort reliever consists essentially of said ibuprofen.

40. (currently amended) The method of claim 38 wherein said labeling indications indicate that consumption of said unit dose provides temporary relief for at least one discomfort selected from the group consisting of minor pain, headache, toothache, backache, muscular aches, fever, running nose, sneezing, itching of nose, itching of throat, and allergy.

41. (previously presented) The method of claim 38 wherein said nutritional supplement consists essentially of said vitamin C.

42. (previously presented) The method of claim 38 wherein said labeling indications comprise printed indications, and said printed indications are supported by said enclosure and said unit dose is formed into a pill, tablet or capsule.

43. (previously presented) The method of claim 38 wherein said unit dose of an

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orally consumable material comprises at least 50 mg of said nutritional supplement and at least 50 mg of said discomfort reliever.

44. (currently amended) A method for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption, comprising: essentially labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material comprising a predetermined amount of at least 50 mg of discomfort reliever, and a predetermined nutritionally effective amount of nutritional supplement, said discomfort reliever comprising a pharmaceutically effective amount of ibuprofen, and said nutritional supplement comprising a nutritionally effective amount of vitamin C,

said labeling indications indicating said amount of said ibuprofen in said unit dose,

said labeling indications indicating said amount of said vitamin C in said unit dose, said labeling indications indicating a percent of a daily value for said vitamin C in said unit dose, and

consuming said unit dose, and

monitoring said amount of said vitamin C consumed with said ibuprofen.

45. (previously presented) The method of claim 44 wherein said unit dose has a form selected from the group consisting of pill, tablet, and capsule.

46. (previously presented) The method of claim 26 wherein said labeling indications indicate said vitamin C is a nutritional supplement.

47. (canceled)

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